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## 215.63

### Using the Nutrition Health History Cards

#### Overview

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**Introduction** Nutrition Health History Cards are intended to facilitate the sharing of health data between a participant's health care provider and their local WIC agency and to reduce duplication of services. The cards have blanks for the participant's height, weight, pregnancy information, blood test results, and other current nutrition-related concerns.

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**Using the cards** It is the intent that the nutrition history cards will be kept in the **participant WIC resources folder**. They may be used in three ways:

- Your agency may provide a supply of cards to health care providers in your service area, as part of your outreach efforts. Health care providers can then use the cards to share data with your agency.
- If a participant has a regular appointment with her health care provider before the next certification, give the participant **a card** to take to the appointment.
- When medical information is obtained at the WIC appointment, this should be entered on the card for the participant to share with the health care provider at the next appointment.

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**Using information on the card** Anthropometric and blood test information may be used if it:

- Was obtained within the required time frame, and
- Reflects the participant's categorical status.

See Policies 215.72 and 215.74 for more information about time frames.

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## Overview, Continued

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**Card  
information**

The health history cards are two sided with women information on one side and child information on the other. The content on the cards are the following:

Children	Women
Date	Date
Weight	Weight
Length	Height
Hct/hgb	Hct/hgb
Blood lead level	Blood lead level
Agency/clinic	Agency/clinic
	Pregnancy information

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